

**Abstract**

A tripod for supporting apparatus in general and, in particular, for optical or photographic apparatus and the like. The tripod has a spider, a pillar arranged to be housed with a stem of the pillar in a through-hole formed through the spider, and a head arranged for receiving the apparatus and connected to a first end of the pillar. In the closed-up or fully retracted condition, that is, in the most compact condition of the tripod, the head is at least partially housed inside the through-hole.